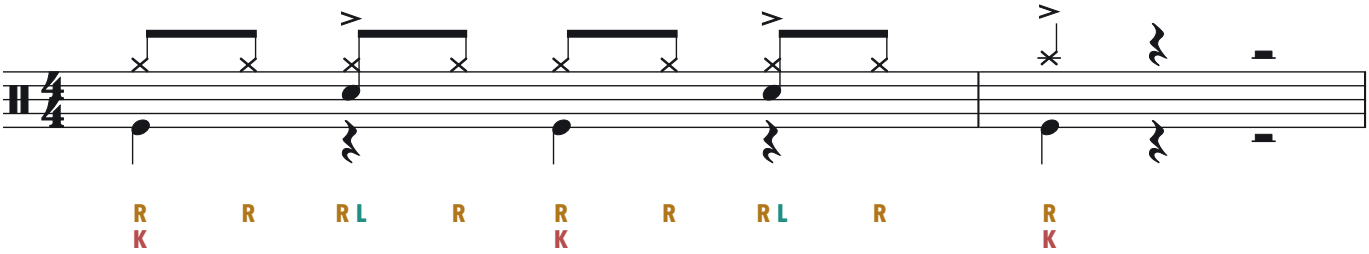
ROCK · DRUM GROOVE

THE BASIC ROCK BEAT

eighth-note hats, kick on 1 and 3

Target tempo **100 BPM** Practice ladder **60 · 80 · 100 BPM** Time 4/4



THE IDEA

Double the hi-hat of the quarter-note beat and you have the groove behind thousands of songs. The hat now plays every eighth, while kick and snare stay exactly where they were.

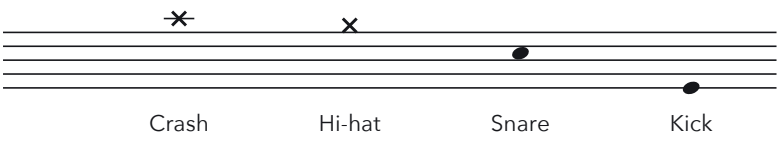
TIPS

The new hat notes on the 'and' are played alone, with nothing else under them. Keep them as loud as the ones on the beat so the time stays even, and count 'one and two and' to place them.

PRACTICE PLAN

60 BPM	Slow: hands, then + kick. Every stroke even.	
60 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
80 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
100 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐

KEY



R right hand **L** left hand **K** kick (right foot)

> accent